

At a Glance

Aging and Adult Services in North Carolina

Special Focus: North Carolina's Preparation for the 2005 White House Conference on Aging

The Governor's Advisory Council on Aging's (GAC) Pre-White House Conference on Aging (WHCoA) Event

On May 18, 2005, the GAC held a [pre-WHCoA event](#) at the Holiday Inn Brownstone Hotel in Raleigh, NC. The event helped the GAC gather information from a broad range of consumers, organizations, and geographic areas of the state to assist the body in developing resolutions on the most important aging policy issues to be shared with the [WHCoA Policy Committee](#), the [N.C. WHCoA delegation](#), the Governor, and the N.C. Congressional delegation. Over 80 organizations were invited to submit information to the GAC for consideration. [Organizations were asked to hold focus groups, forums, or listening sessions and develop their top three aging priorities.](#)



The GAC asked fourteen organizations to present testimony. The organizations represented views from over 1400 people from across North Carolina. In addition, Bill Lamb from the UNC-CH Institute on Aging presented information from 23 other participating organizations. Many different issues were raised, but several common themes evolved, including: 1) Reauthorizing and Strengthening the Older Americans Act; 2) Rebalancing Long-Term Care; 3) Promoting Income Security as a Shared Responsibility; 4) Assuring the Well-Being of Aging Veterans; and 5) Promoting the Livability and Senior-Friendliness of Communities. **Ann B. Johnson, Chair of the GAC, said, "The diversity of issues gathered at the forum are a tribute to the diversity represented by participants—by those who spoke, by those who sent in their group priorities, and by those who participated at the local level."**



The GAC was honored to have Lt. Governor Beverly Perdue give the luncheon address, and Asst. Secretary for LTC and Family Services, Jackie Sheppard, and Senior Policy Advisory in the Governor's Office, Phil Telfer, welcome and address the more than 160 attendees. The GAC would like to thank the NC Association of Area Agencies on Aging, the N.C. Division of Aging and Adult Services, NC AARP, Pfizer, and the UNC Institute on Aging for their sponsorship. A final report from the event will be on the Division of Aging and Adult Services' website by the end of July.



**Responding
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Preparing for
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The North Carolina
Division of Aging
and Adult Services**

North Carolina
Department of Health
and Human Services
2101 Mail Service
Center
Raleigh, NC
27699-2101

Ph: (919) 733-3983
Fax: (919) 733-0443
www.dhhs.state.nc.us/aging

N.C. Association on Aging Pre-WHCoA Forum Marked by Key Provider Issues and Meaningful Personal Stories

On Thursday, April 14, 2005, the [North Carolina Association on Aging](#) held a special forum for the White House Conference on Aging as part of its annual spring conference. The primary focus of the forum was on reauthorization of the Older Americans Act and other programs vital to older adults and their family caregivers. Special guests at the event were Constantinos (Costas) Miskis, the newly appointed Regional Administrator of the U.S. Administration on Aging, and Sandy Markwood, Chief Executive Officer of the National Association of Area Agencies on Aging. A common theme in the remarks of Mr. Miskis and Ms. Markwood **was that the aging population will have a direct impact on *everything* that government does—not just aging services—and that now is the time for the aging network to be bold.**



After Mr. Miskis and Ms. Markwood spoke, an open forum was held to obtain input from consumers and providers. For over two hours, people and organizations from across the state expressed their top policy priorities, which included: strengthening the aging infrastructure, with an emphasis on home and community-based care; strengthening support of senior centers as community focal points for information and assistance; and promoting incentives and supports for individuals, families, and communities to encourage and help sustain independence.

Community and Regional WHCoA Events Hosted across North Carolina

Many communities in North Carolina hosted extremely successful White House Conference on Aging Events and Forums between March and May. To find a listing of those that occurred near you (from the mountains to the coast), including contact information for event reports, please visit the [Division's website's WHCoA calendar](#) or the [White House Conference on Aging's event calendar](#).



But...What Exactly is the White House Conference on Aging?

[The White House Conference on Aging \(WHCoA\)](#) is a gathering of appointed aging experts, professionals, and older adults that occurs about once a decade to make aging policy recommendations to the President and Congress and to assist the public and private sectors in promoting dignity, health, independence and economic security of current and future generations of older persons. The theme of this year's conference is "The Booming Dynamics of Aging: From Awareness to Action." The [WHCoA Policy Committee](#) of the 2005 event has adopted a [broad agenda](#), including the following general issue areas: planning along the lifespan, the workplace of the future, our community, health and long term living, social engagement, and the marketplace.

North Carolina's WHCoA Delegates and Alternates Appointed

This year, 1200 delegates from across the nation will have the honor of participating in the 2005 WHCoA. Public Law 106-501 states that "the delegates shall be selected without regard to political affiliation or past partisan activity and...to the best of the appointing authority's ability, be representative of the spectrum of...the field of aging." In addition, delegates should include individuals who are professionals, non-professionals, minority individuals, individuals from low income families, individuals from rural areas, and representatives from federal, state, and local governments. Delegates' responsibilities include voting on resolutions and implementation strategies to be presented to the President and Congress to help guide national and aging policies for the next decade and beyond. [Delegates, and in most cases Alternates](#), have been appointed by the Governor (5 Delegates and 5 Alternates) and by all of NC's Congressional delegation (1 Delegate and 1 Alternate each).

In addition, at-large appointees will be selected by the WHCoA Policy Committee to balance the full 1200 delegation in terms of P.L. 106-501. The listing of at-large delegates has not yet been released at the time of publication.



White House photo by David Bohrer

Dr. Peggys Dilworth-Anderson, UNC-CH Professor, Appointed to Serve on the WHCoA Advisory Committee



[Dr. Peggys Dilworth-Anderson](#), Director of the [Center for Aging and Diversity](#) at the UNC Institute on Aging (IOA) and Professor at the [UNC-CH School of Public Health, Department of Health Policy and Administration](#), has

been selected by President Bush to serve as one of the 22 members of the [WHCOA Advisory Committee](#). The role of this prestigious committee is to advise the WHCoA Policy Committee on the content and direction of the overall conference and to contribute to the development of the resolutions and background materials for the delegates.

WHCoA Date Moved to December 11-14, 2005

The WHCoA Policy Committee has voted to move the date of the WHCoA from October 23-26, 2005 to December 11-14, 2005. The new location has yet to be announced at the time of publication. WHCoA Executive Director Scott V. Nystrom said the date change was due to, "the overwhelming interest in this decade's WHCoA, and an extraordinary response from potential exhibitors," thus making a change to a larger venue necessary. Check the [Conference site](#) frequently as the hotel's location is expected to be released soon.

Other News Across North Carolina

Interest in Livable, Senior-Friendly Communities Grows

An increasing number of communities and regions are showing interest in assessing their suitability and preparedness for an aging society. Below are some snapshots of recent activities. More will be highlighted in future editions of *At a Glance*.

- **Wilson County** gathered 200 citizens in May to consider ways to enhance the friendliness of their communities. Eighty-nine attendees agreed to volunteer for the project. (Contact: Heather Proctor—hproctor@ucpcog.org)
- In **Region M**, FAMPO (Fayetteville Area Metropolitan Planning Organization) co-hosted a series of the walkable community workshops with the Area Agency on Aging (AAA). Also in May, the city and county planners in Region M and neighboring Moore County met with the Region M AAA and DAAS to explore options for healthy aging through active living. (Contact: Carolyn Tracy—ctracy@mccog.org)
- **Region E** kicked off a three-year region-wide Senior-Friendly Communities project with a walkability assessment in Morganton with senior residents and volunteers. (Contact: Sheila Weeks—Sheila.Weeks@wpcog.org)
- **Region B** conducted a region-wide Senior-Friendly Communities Conference at Warren-Wilson College in Black Mountain in May. (Contact: Joan Tuttle—joan@landofsky.org)
- **Henderson County Council on Aging** meets regularly with the Carolina Geriatric Education Center and many community partners to develop their strategy for promoting senior friendliness in their communities. (Contact: Karen Smith—828-692-4203)
- **The Senior Friendly Community Pilot Project Committee in Franklinton** has assessed the need and developed a sustainable plan to provide timely information and confidential assistance to seniors and their families regarding [telemarketing fraud](#) and door-to-door scams. Plans are underway to have a community fraud and scam telephone alert system, a scam and fraud information center located at the Franklinton Senior Center as well as paper shredders on loan from the Franklinton Senior Center. On June 21st, the Franklinton Senior Friendly Community Pilot Project Committee held a **Scam Jam** to educate seniors about fraud and what the community is doing to address this growing problem. For more information about the Scam Jam, contact Roxanne Brag-Cash or Patrick Woods at (919) 496-1131. ***Other Senior Centers can learn more about developing their own Senior Friendly Community Initiative during training being conducted by DAAS for Senior Centers on July 19-20 in High Point (see page 6 for more information).***

For more information about developing senior-friendly communities, please visit:

- [AARP's Global Report on Livable Communities](#)
- [AARP's Livable Communities Quiz](#)



Announcing the *You Can* Celebration!

During any 7-day period in September, the [Administration on Aging \(AoA\)](#) invites you to create and implement a [You Can! Celebration](#)—any activity or event where older adult participants make some type of pledge to engage in a healthier lifestyle, particularly in regards to nutrition and/or physical activity behaviors. Communities that sign up have the chance to win prizes, with the best being recognized at a ceremony in Washington, D.C. in October.

Guardianship Videotapes and Brochures Developed

Videotapes and brochures have been developed to educate individuals and families considering [guardianship](#) for incapacitated adults. These educational tools were developed by the [Developmental Disabilities Training Institute \(DDTI\) of UNC-CH](#) in conjunction with a Guardianship Workgroup chaired by staff from the Adult Services section of the Division of Aging and Adult Services. The videotapes and brochures contain information about alternatives to guardianship, the petitioning process, restoration to complete competency, and the principles a guardian should consider when making decisions and advocating on behalf of adults who have been adjudicated incompetent by the courts. [The Governor's Advocacy Council for Persons with Disabilities](#) funded the videotapes and brochures. Copies of the videotape may be ordered [online](#) and brochures can be obtained by contacting Kate Walton at the Division, (919) 733-0440 or Kate.Walton@ncmail.net.

Surry County's ADRC Kickoff

Surry County kicked off the start of their Aging and Disability Resource Center (ADRC) Project on May 3, 2005 at the Surry County Community College Auditorium. The meeting was attended by a cross section of community agencies, consumers, family members and elected officials. North Carolina received a national grant from the US Administration on Aging and Centers for Medicare and Medicaid to develop two ADRC's. The other pilot site is in Forsyth County. ADRC's are to create a seamless coordinated system of information and access for all persons seeking long-term support. The Centers will minimize confusion, enhance individual choice, and support informed decision-making. For more information contact Heather Burkhardt at (919) 733-8400 or Heather.Burkhardt@ncmail.net.

NC Readies for Medicare Part D

Many members of the aging network in NC have been involved in efforts to inform and educate older adults in our state regarding the new Medicare Prescription Drug benefit, which will take place January 1, 2006. Training sessions were held in each of the 17 regions this past spring to provide an overview of Medicare Part D, the subsidy application process, and the implications for the state's [Senior Care Assistance Program](#). Many local groups are currently coordinating efforts with the Social Security Administration to get information out about the application process. Helpful websites include the [Medicare Partner Campaign](#), the [Social Security Online Help with Prescription Drug Costs](#), and [NC SHIP](#).

Top Three Areas of Telemarketing Fraud in NC

Credit Card Offers – 25%
Advanced Fee Loans – 23%
Sweepstakes/Prizes – 23%

*Info courtesy of the NC Attorney General's Office

For More Information:

[NC Consumer Fraud Alerts](#)
[NC Deceptive Trade Alerts](#)

North Carolina Devotes Medical Journal to Caregiving Issues

According to the [2003 Behavioral Risk Factor Surveillance System Survey](#), one in every four adults provided care for an older adult within the past month. Close to half of those reported that the person they cared for had memory loss, confusion, or a disorder such as Alzheimer's Disease. You can find specific numbers of self-reported caregivers, including caregivers of people with dementia and/or Alzheimer's Disease in your county or for the entire state by visiting the [BRFSS's 2004 local topics page](#). The [January/February edition of the N.C. Medical Journal](#) was devoted to the extremely important topic of Alzheimer's Disease and family caregiving. Included is a policy forum and very informative articles contributed by a wide range of state officials administering family caregiving and home and community-based services.

Upcoming Events and Training Opportunities

July

19th–20th: Senior Friendly Communities: Is Your Senior Center at the Table?

The Radisson Hotel, High Point. Learn how to create senior-friendly communities, hear from the three senior center pilot programs, and learn from community partners outside the aging network, including why they believe senior-friendliness is so important. \$50 per person. Register by contacting Mary Yohe at the Division of Aging and Adult Services, (919) 733-0440 or Mary.Yohe@ncmail.net.

August

7th: Working with Clients with Cognitive Disabilities, in Asheville. This workshop reviews cognitive disabilities and their causes, teaches strategies for assessment, and provides opportunities to practice communication skills with clients. Information can be found on the [UNC-CH CARES website](#).

26th: Investing in Family Caregiving: An International Dialogue. Videoconference meeting with the Chinese delegation to discuss aging in China and comparisons to North Carolina. Please call Emily Tench for videoconference sites and to register, (919) 733-3983. Presented by the NC Division of Aging and Adult Services.

September

26th—October 2nd: North Carolina Senior Games State Finals, in Raleigh. For more information, or to volunteer, contact the State Games Office at (919) 851-5456 or visit their [website](#). Other special events are held during September and October, so check their online schedule.

October

4th—5th: Senior Tar Heel Legislature Meeting, in Raleigh. Site to be determined. For more information, contact Mary Bethel at the Division, (919) 733-3983 or Mary.Bethel@ncmail.net.

12th—14th: The 84th Annual Social Services Institute, “Extreme Makeover: DSS Edition,” at the Hickory Metro Convention Center. An agenda, on-line registration form, and best practice information will soon be available on the [Institute’s website](#). Accommodations are already available on the website and participants are encouraged to book hotel rooms early. For more information, contact Nancy Warren at the Division of Aging and Adult Services, (919) 733-3983 or Nancy.Warren@ncmail.net.

19th—21st: 4th Annual NC Conference on Aging, at the New Bern Riverfront Convention Center and Sheraton Grand Hotel. For more information, contact Bill Lamb at the UNC Institute on Aging, (919) 966-9444 or visit the [Conference website](#).

At a Glance

Editor: Julie Bell

Editorial Board: Dennis Streets, Karen Gottovi,
Debbie Brantley, Suzanne Merrill,
Lori Walston, and Kate Walton

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Carmen Hooker Odom, Secretary
NC Division of Aging and Adult Services
Karen Gottovi, Director

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